I am reaching a healthy weight.

I feel lighter each day. **All the little changes that I put into place have a significant and positive effect on my path to reaching my goal weight.**

I consistently choose healthy foods with appropriate serving sizes that nourish my body. **I prefer healthy foods.** When someone offers me a food that neglects my objective, I easily and politely decline.

When I struggle to make the correct food choices, I quickly remind myself of the importance of reaching my goal weight. This gentle reminder is all I need to get back on the correct path. I feel stronger and more capable of making positive decisions. I know that I can reach my healthy weight soon.

Exercise feels good, and I exercise regularly. I choose exercises that I enjoy, so I look forward to my exercise time every day. Sometimes I go for a walk, ride a bike, go hiking, or play sports instead of doing regular workouts.

I can feel my body getting stronger and healthier. **My clothes fit better and I like what I am seeing in the mirror.**

I can tell that others are starting to notice the positive changes in my body as well. The pride that I feel makes each day a little bit easier than the day before.

Today, I am making wise food and exercise choices as I get closer and closer to my healthiest weight.

Self-Reflection Questions:

1. What is healthy substitute for my favorite 'bad' food?
2. How can I incorporate more exercise into my daily routines?
3. At what time of day do I feel the most challenged about making positive food choices?